September 2017

Carolina country

Local literary treasures

page 12

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Your Touchstone Energy® Cooperative

Help NC track broadband coverage

page 6

A creative way to support the arts

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We want to know your favorite roadside attractions—page 31

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The Country Bookshop is a hub of activity in Southern Pines. Read about other local independent bookstores on page 12. Photo by John Gessner.

CALL FOR SUBMISSIONS:

Roadside Attractions

One of the best parts of a road trip is what you find along the way—tell us your favorite NC stop. See page 31 for details.

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

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Co-ops Support STEM Education

By Justin Jones

As an elementary science teacher, I am always looking for ways to bring relevant STEM [science, technology, engineering and math] experiences to my students. In the spring of 2016, I was honored to be selected for a Kenan Fellowship with Pee Dee Electric and North Carolina's Electric Cooperatives. The Kenan Fellows Program for Teacher Leadership at NC State University selects North Carolina teachers for a yearlong program, which includes both professional development and a summer internship working with a mentor in a STEM-related industry. The goal of this program is to train and equip teachers to not only be better educators and leaders in their classrooms, but also in their schools and communities. This amazing opportunity allowed me to work directly with Pee Dee Electric employees to learn firsthand about all the steps that go into both generating electricity and into delivering that electricity to cooperative members.

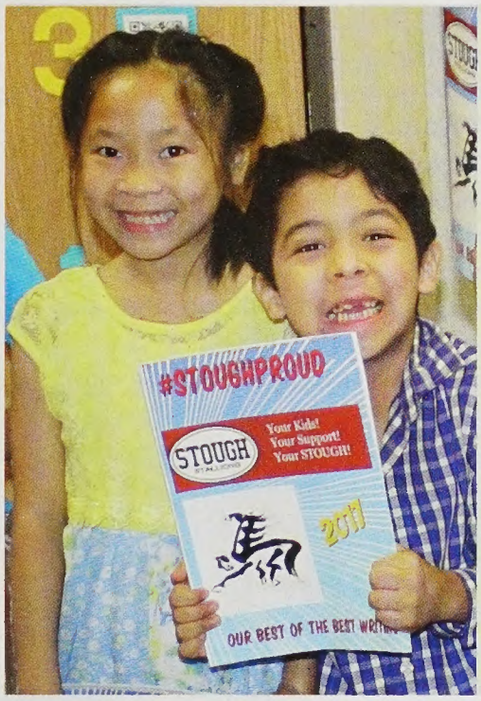
> Students often ask the question: "How will we use this?" The Kenan Fellows Program allows teachers to experience firsthand application of concepts they are teaching in the classroom.

In school, students often ask the question: "How will we use this?" Effective STEM education is not simply about teaching facts and concepts, but rather about bridging the gap between the classroom and the real world. By partnering with businesses and industries such as North Carolina's Electric Cooperatives, the Kenan Fellows Program allows teachers to experience firsthand application of concepts they are teaching in the classroom. As I toured power plants and substations, learned about the logistics of maintaining an effective electrical grid, and even helped linemen install power lines, I certainly developed both an understanding of and appreciation for electrical energy that could never have been gained from books alone.

Not only has my Kenan Fellowship experience benefitted me as an educator, but it has provided many exciting opportunities for my students. My classes were able to visit Pee Dee Electric and its community solar farm to learn about renewable energy resources and the benefits of solar energy. They learned about electrical safety and the cooperative business model. My students were also able to work with employees from Pee Dee Electric to build a portable solar generator that we used in our classroom to power an incubator to hatch chicken eggs. This project gave students an unforgettable educational experience that would never have been possible without my involvement with the Kenan Fellows Program.

Through my Kenan Fellowship experience and my work with Pee Dee Electric, one thing that stood out to me is the importance that North Carolina's electric cooperatives place on giving back to education and to their communities. Through their sponsorship of the Kenan Fellows program, as well as other programs such as Bright Ideas grants, the state's electric cooperatives are helping to improve STEM education and providing lasting educational experiences for North Carolina students. When we invest in education, we are truly investing in the continued and future success of our communities.

Justin Jones was the fourth Kenan Fellow to work directly with a North Carolina electric cooperative. He teaches at Ansonville Elementary in Wadesboro.



THIS MONTH'S ISSUE:

Education & The Arts

It's an exciting time of year for many students across the state. School is in full swing, and afternoons are filling with activities. As you may have discovered from past issues of Carolina Country, electric cooperatives value our state's youth as the future leaders of our communities, and we make nurturing their success a priority. This issue highlights some of the work being done to that end, as well as ways communities are supporting the arts.

—Scott Gates, editor

Preserving Timeless Arts

I just loved your story on Oliver Schneider ("Forged of the Forgotten," August 2017, page 12). The talents of the people in North Carolina amaze me. I just found the last major piece to construct my own forge. This story came at such a wonderful time. I am contacting this artist, with hopes of hints and ideas for making a good, working forge.

Our skills that kept our country moving are getting lost. With hope and prayers, the blacksmiths will not follow that trend. Thank you so much for showing the gifts that artists share in this state—perhaps you have sparked someone else into learning.

Carolyn Olio, Newport
a member of Carteret-Craven Electric Cooperative

Small-Town Barber

This will be the first time I have ever written to a magazine. I loved the article "A Darn Good Haircut" in the July 2017 issue of Carolina Country (page 12)—I had to tell someone. The article made me want to jump in the car and head to Columbia to see Mr. Bob and Miss Myrtle! What a great tale! Long lives to both of them!

Gina W. Haubenstein, Newport
a member of Carteret-Craven Electric Cooperative

Corrections to our August issue

In our feature story "Formidable Foragers" (page 20), The correct spelling of wild foods advocate Gibbons' first name is Euell.

In "Getting to Know Carolista Fletcher Baum" (page 35), the correct name of Baum's organization is People to Preserve Jockey's Ridge.

Another Word on the Turkey Hunt

Just a comment on the letters about "Hunt Gives Back to U.S. Veterans" (June 2017, page 10). I am totally in agreement with Wanda Wilson Haines ("Turkey Hunt Support," August 2017, page 5), but I think the fact that you printed the letter opposing hunting illustrates the high standard of journalism you hold yourselves to. Thank you very much for a very enjoyable magazine.

Susan Leggett, Madison
a member of EnergyUnited

Jockey's Ridge Advocate

Thanks for your kind words about my mom ("Getting to Know Carolista Fletcher Baum," August 2017, page 35). She was a pioneer, and taught her three kids that with a bit of determination, a bit of hard work and a lot of love for your environment, you can literally 'not' move a sand dune! :)

Ann-Cabell Baum, Raleigh
via carolinacountry.com

Ann-Cabell Baum: Your mama was truly an amazing, wonderful woman!! As a child/teen, we spent every summer in Kill Devil Hills, and your mama's jewelry store was an important stop for us, not only for jewelry but for the fabulous conversations! My mama valued your mama's opinions and her warm, lively personality, as did I. I still have some of the lovely jewelry she made for Mama. Carolista was a treasure!!

Jasmine Jelesoff Larimer, Fredericksburg, Va., via carolinacountry.com

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Experiencing a power outage? Please contact your electric co-op directly to ensure prompt service. Visit ncelectriccooperatives.com/co-ops to find yours online.

Four County EMC Supports Music Industry Manufacturer

Four County EMC in Burgaw is helping a local company position for growth with a $1 million loan through USDA's Rural Economic Development Loan and Grant (REDLG) program. Mojotone LLC will use the funds to finish a Pender Progress Industrial Park building's interior and ready it for occupancy.

"We can turn around and loan the money to the county, which will then loan it to Mojotone," said Four County EMC CEO Mitchell Keel. The co-op also provided a loan to Pender Progress that supported the shell building's initial construction. "We certainly want to keep good jobs in Pender County and keep a thriving business. That takes capital, and we are able to access the capital to make it happen."

Mojotone LLC will move from three buildings totaling 35,000 square feet to a 40,000-square-foot shell building in Burgaw. Mojotone currently employs 48 people, with plans to expand its workforce.

The company was founded in Winston-Salem in 2000 and makes amplifiers, sound system cabinetry and components for electric guitars (offering amps in colors including "Cheerwine" and "Carolina Blue"). Past customers include Rush; Eric Clapton; ZZ Top; Garth Brooks; Keith Urban; and Audley Freed, guitarist for Sheryl Crow, The Black Crowes and other bands. Freed grew up in Burgaw and now lives in Nashville.

"We're very excited about this announcement," said George Brown, chairman of the Pender County Board of Commissioners. "Though it's always nice to bring new industry into the area, there's something very special about keeping an existing company here and watching them grow. The benefit is there for all of us."

An aerial view of the new facility in Burgaw

North Carolina Resource Helps Identify Rural Broadband Need

A new website allows North Carolinians to report their broadband coverage in an effort to identify pockets of unserved and underserved areas around the state. The tool was developed by the North Carolina Department of Information Technology's Broadband Infrastructure Office as a way to gather address-specific data beyond what is collected by the Federal Communications Commission.

"The speed reporting tool and map are long-term initiatives," said Wes King, director of communications for the Broadband Infrastructure Office. "As we continue to compile this data, we will see a better picture of the landscape of high-speed broadband availability throughout the state, identify gaps and work with state and local leaders to close those gaps."

North Carolina's electric cooperatives see high-speed connectivity as a necessity for utility operations, as well as for consumers to take advantage of energy technology. Benefits to communities span education, medical and economic development opportunities.

"Electric co-ops have made rural access to high-speed broadband a top priority with our elected officials. We appreciate the state taking this step to get accurate data from rural residents who would most benefit from better coverage," said Jay Rouse, director of Government Affairs for North Carolina's Electric Cooperatives. "If you have inadequate internet service or no service available to your home, this is your chance to make it known."

To report your broadband access:
Visit NCbroadband.gov/map and click "Add Your Information."

If you DO NOT have access to high-speed internet service:

1. Enter your email address and physical address and click "Submit your Information" (if home internet is not available, users can access the site from a public library, work computer or smartphone).

If you DO have access to high-speed internet service:

1. Enter your email address and check "I have internet service."
2. Two new fields will appear. One asks the speed you pay for (usually available on your internet service provider's bill). The second asks for the result from a speed test.
3. Click "Perform Speed Test."
4. A new window will open in your browser to test your connection speed. Click "Go" to start the test. The test may take a minute or two to run.
5. Once the test is complete, make a note of the "Download" speed. Return to the "Submit Your Information" page and enter this number in the download speed field.
6. Enter your physical address and click "Submit your Information."

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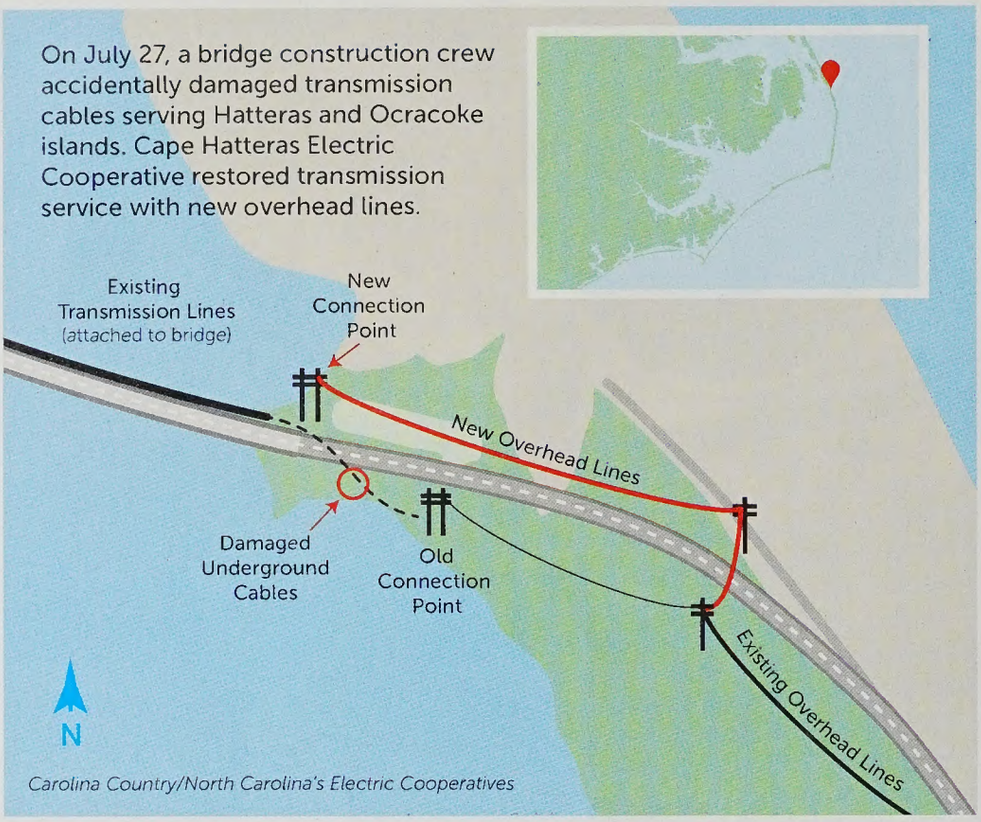
CHEC, Tideland EMC Move Quickly During Crisis


On July 27, a bridge construction crew accidentally damaged transmission cables serving Hatteras and Ocracoke islands. Cape Hatteras Electric Cooperative restored transmission service with new overhead lines.
Existing Transmission Lines (attached to bridge)
New Connection Point
New Overhead Lines
Damaged Underground Cables
Old Connection Point
Existing Overhead Lines
N
Carolina Country/North Carolina's Electric Cooperatives

New overhead lines restored transmission service to the islands.

In the early morning hours on July 27, PCL Construction workers at the Outer Banks Bonner Bridge site moved a steel casing aside for storage and drove it into the ground, as an unused shovel might be stuck in the dirt, according to the NC Department of Transportation (NCDOT).

In doing so, the casing damaged two of the three 115 kV underground transmission cables supplying power to members of Cape Hatteras Electric Cooperative (CHEC) and Tideland EMC on Hatteras and Ocracoke islands.

With roughly 10,000 meters affected during peak tourism season, the co-ops worked quickly to restore power with permanent and temporary diesel generators as Dare and Hyde County officials ordered nonresidents to evacuate the islands. By midday Saturday, July 29, both co-ops had restored power to full-time residents, and transmission service was fully restored by the following Thursday. The islands reopened to tourists on Friday, August 4.

"This was an unprecedented event. We're so grateful to cooperative and contract crews for their tireless efforts to restore power, and to cooperative members and visitors of Hatteras and Ocracoke Islands for their continued patience and support," CHEC General Manager Susan Flythe said. "North Carolina Electric Membership Corporation, NCDOT, and county and state officials also provided continued support and resources during restoration efforts."

Electric co-ops across the state provided supplies, and Brunswick Electric and Roanoke Electric Cooperative provided crews for support throughout the restoration process.

After assessing the damage, CHEC and a team of contractors and specialists began two simultaneous projects to restore power from the mainland: repair of the underground cables and construction of a new overhead line.

"I told people, don't cancel your vacations, because they're going to work hard," Governor Roy Cooper said following a visit to the site. "They're going to work hard to get this thing fixed."

PCL Construction was able to reveal all three cables, one of which was successfully spliced and repaired, but water continued to seep into the excavated trench, making it unsuitable for full repairs. The overhead option was deemed the safest, quickest way to restore power (see map).

"Ahead of storms, we're able to have some sense of coming outage issues, but this was one of those instances that comes out of the blue," said Tideland EMC General Manager and CEO Paul Spruill. "We're very appreciative of our members, who took early calls for conservation seriously. Some of our largest island members agreed to remain on their own standby generation while we normalized loads on diesel generators. Managing this was really a community effort."

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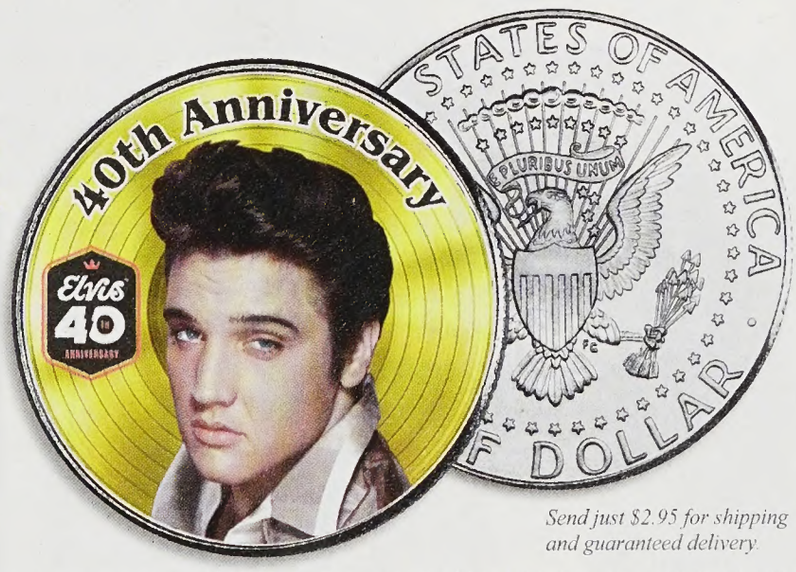

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Bright Ideas in Action

North Carolina's electric cooperatives have been supporting innovative classroom projects through the Bright Ideas program since 1994. Kindergarten through high school teachers apply for grants through their electric co-op each fall. Visit ncbrightideas.com for more information. Here are just a few examples of the more than 600 projects supported during the 2016–2017 school year.

ROVs were tested at a local YMCA pool.

BLUE RIDGE ENERGY

"SeaPerch Remotely Operated Vehicles"

Teacher: Robert Tufts
Cranberry Middle School, Elk Park

Participating students: 20

Students started with very basic materials provided in kits to build a fully functioning underwater remotely operated vehicle (ROV). Students also designed and built an obstacle course to move their ROVs through, proving their ROVs capabilities. Many students have expressed excitement and a desire to be part of the SeaPerch program this year.

ENERGYUNITED

"Engineer Through the Year"

Teacher: Marianne Stein
Cooleemee Elementary

Participating students: 85

This initiative gives kindergarten students opportunities to engage in problem-based learning every month. Students learned how to collaborate to apply 21st century STEM (science, technology, engineering and math) skills to tackle "kid-friendly" challenges.

Randolph EMC

"Green Screen Technology Studio: Bringing Life to the Classroom"

Teacher: Lee Waln
West Middle School, Mt. Gilead

Participating students: 420

Green screens replace solid-colored backgrounds from behind the subject of a photo or video with a new background. Students are using this integrated technology to produce, edit and share instructional media and communicate their new knowledge with peers and others.

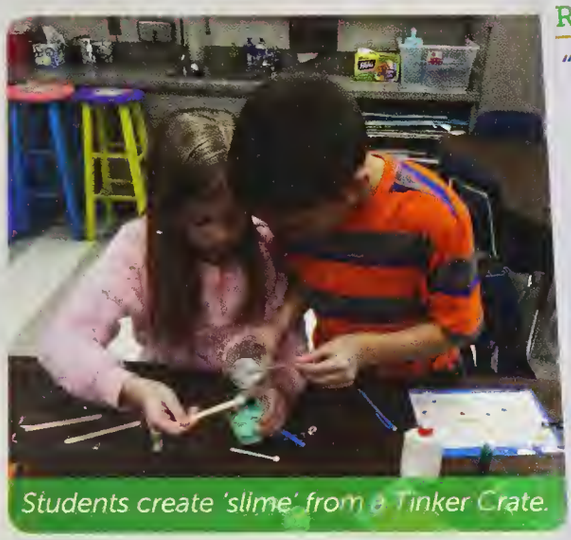
Jones-Onslow EMC

"The Campus Coop: A Farm to Table Initiative"

Teachers: Jacqueline Gaddy, Jillian Casey, Joyce Leonard, Albert Jones
Richlands High School

Participating students: 550

The Campus Coop is the first animal facilities for the RHS Agricultural Department Farm. Agriculture students are able to learn how to care for chickens and maintain a safe and clean environment, and Foods students are able to learn about fresh egg handling and their uses.



Students create 'slime' from a Tinker Crate.

Rutherford EMC

"Bringing Learning to Life with Tinker Crates"

Teacher: Allison Tate
Forrest W. Hunt Elementary, Forest City

Participating students: 80

Tinker Crates are boxed activities that provide students with hands-on learning through STEM. Fourth graders worked in small groups to build things such as robotic contraptions, circuits, vaults and motion sensing machines. Each activity has a reading component, which helps bring reading to life.

Union Power Cooperative

"Portraits of Hope"

Teacher: Danielle Gaimari
Cox Mill High School, Concord

Participating students: 200

Students received photos of youth around the world who have been neglected, orphaned or disadvantaged and created portraits for them. They researched the countries, cultures and social climate these children have come from and learned to understand the importance and value of helping others. Being able to touch a life through appreciating art is an experience of a lifetime.

Students show portraits created for the project.

A Bolivian girl receives her portrait.

Wake Electric

"Global Immersion Experience: A Project-based Learning Adventure"

Teacher: Cynthia Linton
Stough Elementary, Raleigh

Participating students: 85

Part of the project included students creating professionally printed books that featured their own stories. At the end of the projects, parents were invited to hear their children read their stories aloud and watch them be presented with a copy of their own books.

Local Literary Treasures

Independent bookstores are the heartbeat of many NC towns

By Leah Chester-Davis

Independent booksellers from the state's mountains to the coast thrive on opening their stores to new ideas. Author readings and signings, story hours for children, musical evenings, gatherings with different themes, and other events create local hubs prized by their communities.

"I love the individuality of independent bookstores," says Leslie Lanier, owner of Books to be Red on Ocracoke Island. "They are all so different, you never know what treasure you will find."

Although booksellers face market pressures including big-box chains and online sales, national trends are promising for book lovers, which seem to be reflected in North Carolina's vibrant independent bookstores scene.

"Nationally, new stores are opening, established stores are finding new owners, and a new generation is coming into the business as both owner/managers and frontline booksellers," says Dan Cullen with the American Booksellers Association. "All of this is a result of the fact that indie booksellers remain a resilient and entrepreneurial group."

The creativity and inspiration these places provide make them worthy stops (or destinations all their own) when out and about in the state. Some are anchored in otherwise nondescript strip malls; others are located in historic buildings with a story.

While asking a book lover to name a favorite store is akin to asking a parent to name a favorite child, we can offer a few recommendations that merit a visit:

Scuppernong Books in Greensboro

MOUNTAINS

Malaprop's

55 Haywood Street, Asheville | malaprops.com

Malaprop's is an institution in downtown Asheville. The acclaimed bookstore is celebrating its 35th anniversary this year. It was recognized in 2000 as the Publisher's Weekly Bookseller of the Year, putting it on the map for publicists and authors around the nation, according to owner Emoke B'Racz.

B'Racz is a political exile from communist Hungary who credits her love of books as an inheritance from her grandmother who lived through two World Wars, a revolution, and communist rule. She has contributed to the revitalization of downtown Asheville in her quest to make Malaprop's "a place where poetry matters; where women's words are as important as men's; where one is surprised by excellence; where good writing has a home; where I could nurture my addiction to literature, and play, enjoy and entertain people drawn to quality books."

When she first opened, many of the neighboring store fronts were abandoned and boarded up. Now she finds her store a destination as a popular home for those who like to hang out, browse, discover new authors and listen to a book reading by a favorite author.

"Independent book stores are most important for our cultural sanity," she says. "I see young people clutching the book to their heart, and that is enough of an incentive for us to be here for them. You can save a

Vivian Howard, of "A Chef's Life" on PBS, signs books at Main Street Books in Davidson.

dollar here or there, but you cannot discount a child's yearning for knowledge from a favorite book. It is a magical thing when they find the book on the shelf and begin reading and thinking their own thoughts and nurturing their imagination. That is the best future I can ask for."

The store, located in a building constructed in the early 1900s, hosts local and national authors and poetry readings several times each month. It provides meeting space for book clubs, hosts class trips from local schools, story hours, poetry on demand (B'Racz is a poetry lover) and more.

Among the many popular features of the store, B'Racz includes the friendly and knowledgeable staff, the "fabulous" children's sections, the "staff recommends" and "blind date with a book seller" features, and the regional sections. All sections are well stocked and change as readers change their reading habits.

PIEDMONT

South Main Book Company

110 South Main Street, Salisbury
southmainbookcompany.com

South Main Book Company has something for everyone.

"We are active in the community. It's a two-way street. I have awesome customers!" says Wendy Beeker, of South Main Book Company. "I think having an independent bookstore reflects the good economic health of a town. People that support local shops really understand how vital we all are to each other."

Beeker is most proud of her store's children's section. "Young readers are where my heart is," she explains. "There is nothing better than the kid finding his or her first "real" book—Nancy Drew or a dragon series, it doesn't matter. Reading saved me when I was a kid in a very turbulent home. Being a good reader is everything."

The building that houses her bookstore dates back well over 100 years, holding other businesses through that span. "Bookstores are obviously full of knowledge, but also local knowledge," Beeker says. "I have an 86-year-old customer who worked here (in this

continued on page 14

MARK YOUR CALENDAR

Festival of Books and Authors

When: September 7–10

Where: Winston-Salem's Milton Rhodes Center for the Arts and the surrounding areas on Spruce, Poplar and Holly Streets

Each year, Bookmarks, a Winston-Salem based literary nonprofit, hosts the Festival of Books and Authors, a celebration of books, authors and readers and the largest book festival in the Carolinas.

In its 13th year, the festival is known for featuring big-name, award-winning, New York Times bestselling authors along with first-time authors who are worthy of discovery. More than 45 authors in the fiction, nonfiction, children's book, young adult, poets, and storytellers categories will participate this year in readings, panels and book signings. The festival has something to offer all ages.

While the event features a few author sessions that require purchasing a ticket, the Saturday, September 9, offerings are free from 9:30 a.m. to 5 p.m. Reading-related exhibitors, food trucks and creative activities for children add to the festive flair. Visit bookmarksnc.org/festival-2017 or call 336-747-1471 to learn more.

South Main Book Company in Salisbury

Books to be Red

The Country Bookshop in Southern Pines

building) after school in the afternoons as a stock boy."

The store has a coffee bar, and Beeker encourages customers to bring their lunch. "It's a good place to convene."

COAST

Books to be Red

34 School Road, Ocracoke
Facebook: @BooksToBeRedOcracoke

Far to the east, off the southern tip of the Outer Banks, Books to be Red is located "in a Sears-Roebuck house with 10-foot ceilings and fabulous crown moldings," says owner Leslie Lanier. The house dates back to the late 1800s. "So many of the houses on the island were built with salvaged shipwreck parts; this house was owned by someone that could afford to buy new," she adds.

It was the perfect place for Lanier's bookstore, served by Tideland EMC, which also includes pottery, jewelry, gifts, art supplies, greeting cards and puzzles. The shop has one room dedicated to board books, picture books and toys for children.

"A bookstore is a place for ideas. I like having discussions with locals and visitors to hear different opinions," Lanier says. "I also think browsing through books is a nice way to spend the afternoon. You can always find an author that you haven't read yet."

Leah Chester-Davis loves to explore North Carolina from her home in Davidson. Her business, Chester-Davis Communications (chester-davis.com), specializes in food, farm, and lifestyle brands and organizations.

More Independent Bookstores to Explore

Not all independent bookstores are members of the American Booksellers Association, but many are. Its member directory at bookweb.org lists more than 70 member booksellers in North Carolina. Find one near you, or better yet, get out and about in the state and enjoy a serendipitous discovery.

The Book Shelf
86 N. Trade Street, Tryon | tryonbookshelf.com

A fixture in this small community since 1952

Buxton Village Books
47918 Hwy. 12, Buxton
buxtonvillagebooks.com

Offers a good mix of books about the Outer Banks and the latest in contemporary and southern fiction and young adult titles. The store is served by Cape Hatteras Electric Cooperative, and one of the co-op's directors, Elvin Hooper, is a popular local author for his books on Chicamacomico and Gull Island, says owner GeeGee Rosell.

City Lights Bookstore
3 East Jackson Street, Sylva | citylightsnc.com

Tucked in the heart of southern Appalachian Mountains, it features books from and about the region

The Country Bookshop
140 NW Broad Street, Southern Pines
thecountrybookshop.biz

Offers summer camps for kids of all ages

Duck's Cottage Downtown Books
105 Sir Walter Raleigh Street, Manteo
duckscottage.com

Has a large Outer Banks and local section

Flyleaf Books
752 Martin Luther King, Jr. Blvd, Chapel Hill
flyleafbooks.com

Stocks new and used adult and children's titles

Main Street Books
126 S. Main Street, Davidson
mainstreetbooksdavidson.com

In the old general store space, hosts Books and Bites and lots of other events, along with a youth and teen advisory board that discusses and reviews new books

McIntyre's Books
2000 Fearrington Village Center, Pittsboro
fearrington.com/mcintyres-books

Includes weekly author readings and seasonal event series such as Cooks & Books in collaboration with Fearrington's executive chef

The Regulator Bookshop
720 Ninth Street, Durham
regulatorbookshop.com

Has a name with a history lesson. (Ask them about it!) Voted Best Bookstore by the Indy's Best of the Triangle for seven years running

Scuppernong Books
304 S. Elm Street, Greensboro
scuppernongbooks.com

Opened in 2013 and is part of the rebirth of downtown Greensboro

A Must-Have Keepsake for Every Patriotic American

JUST RELEASED: 2017 John F. Kennedy Centenary of Birth Dollar

John F. Kennedy was born May 29, 1917 in Brookline, Massachusetts. After attending Harvard, where he graduated *cum laude* with a B.A. in Government, Kennedy joined the United States Naval Reserve in 1941. During WWII, he threw himself into danger to save the crew of his torpedo boat after it was rammed by a Japanese destroyer in the Pacific.

Awarded the Purple Heart

Despite his own injured back, Kennedy led his crew several miles to safety. These heroic actions earned him the Navy and Marine Corps Medal as well as a Purple Heart. He retired a full Lieutenant.

In 1960, Kennedy ran against incumbent Richard Nixon for President of the United States. The historic campaign included the first-ever televised U.S. presidential debate. In one of the closest presidential races of the century, Kennedy won the popular vote by just two-tenths of one percent.

A New President—A New Direction for the Country

As the 35th President of the United States, Kennedy was notable for his Irish heritage, Roman Catholic Faith, and for being the youngest candidate to be elected to the office. During his Inaugural Address he spoke the famous words "Ask Not what your country can do for you—ask what you can do for your country."

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Community Supported Art

A Piedmont program is one of several that connects artists to local patrons

By Hannah Miller

North Carolina farmers have found CSAs (Community Supported Agriculture) to be an effective way to get their fresh produce onto neighbors' tables, and artists across the state are following their lead. A different type of "CSA" (Community Supported Art) is getting local artists' works into their neighbors' living rooms.

In the case of farm CSAs, shareholders pay a flat fee for a portion of a farmer's upcoming crop. They don't always know what they'll get each week—they just know it will be fresh and local. The same holds true for supporters of art CSAs. In the case of the Charlotte-based Arts & Science Council's program, the work of artists across 11 counties is up for grabs, but the 50 yearly shareholders are in the dark as to what they'll get to display at home.

Supporters do know that for $500 a year, they'll each get small works (12 inches square or less) from nine artists. Art works range from photographs of the state's disappearing tobacco barns to intricate cutouts of North Carolina's backyard birds. Presentation parties bring artists and would-be collectors together, which, as with agricultural CSAs, is the goal.

Nancy O. Albert of Charlotte, who photographs North Carolina tobacco barns, says recipients of her photos took an excited interest in the subject matter. "[They] were all asking me, 'Where is my barn? How far is it? Maybe I'll organize a road trip.'"

The program provides artists with a stipend and is open to artists in Cabarrus, Cleveland, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Rutherford, Stanly and Union counties in North Carolina, and York County in South Carolina. Artist applications for the 2018 program will be accepted at artsandscience.org through Friday, September 22 (artists must be age 18 or older). Shares for 2018 work will go on sale to local art collectors and patrons in the fall, but buyers have to be nimble—most go within 48 hours.

The idea for the Arts & Science Council's CSA was spawned by a successful community supported art program in Minnesota, launched in 2010. Similar programs have sprung up in other parts of North Carolina, including Artspace CSA in Raleigh (artspacenc.org) and Handmade in America in Asheville (handmadeinamerica.org).

Here are six of the 54 artists who have participated in the Charlotte-based program since it began in 2013.

Hannah Miller

Mark Stephenson

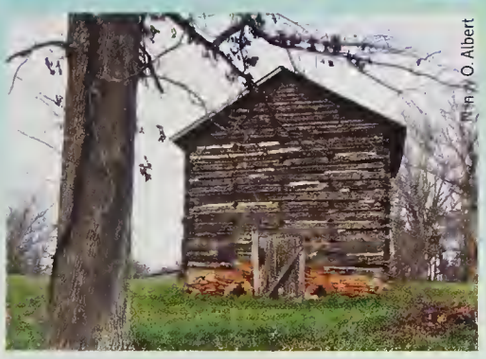
Mark Stephenson

Painting | Misenheimer | markstephensonpainting.com

Though he was drawing as soon as he could hold a pencil, Misenheimer native Mark Stephenson didn't get serious about art until he moved to New York City in 1996. He joined the Art Students League and held an artist's residency in Italy before returning to Misenheimer in 2006. He has exhibited at the Nature Art Gallery of the NC Museum of Natural Sciences in Raleigh. When painting the green landscapes of Rowan and Stanly counties, he says, he wants to convey that sense of oneness with nature they inspire in him.

Judy Brooks Allred of Richfield, a Union Power Cooperative member, says Stephenson's paintings of her family's 1800s farm on Millingport Road do just that. Sunnybrook was started by her great-grandfather, Reuben Rogers, and in 1987 was given the state's Farm Conservation award. She and her mother, Alene Brooks, have several of Stephenson's Sunnybrook paintings, she says, and when looking at one, "I just welled up and started crying. There's just something about this that's so real."

For his CSA paintings, which include some of Sunnybrook, Stephenson made canvases of planks from an 1800s Stanly County corn crib and flooring from an 1800s Salisbury store, both being torn down.



NANCY O. ALBERT

Photography | Charlotte | noalbert.com

Right now, Nancy O. Albert is probably cruising along some North Carolina back road, eyes peeled for a disappearing part of the historic landscape—tobacco barns. The retired manager of Central Piedmont Community College's Halton Theater has been seeking out barns for three years and laments: "[In] so many areas, you go thinking there might be barns, and there are housing developments."

When she does find one, she whips out her Fuji camera that shoots film or her trusty Olympus digital camera to make sure that little piece of history isn't lost forever. The barns, she says, "were not recorded much anywhere. They weren't considered architecture."

She's had good hunting, especially in Guilford, Person, Caswell and Surrey counties, and she's photographed more than 100, with 50 of them going to CSA shareholders in 2016.

JOE YOUNG

Photography | Davidson | joeyoungphoto.com

Mountain people and scenery have fascinated Joe Young of Davidson since, as a child, he accompanied his grandfather on vacation trips to Yancey County. When he pursued undergraduate and graduate degrees in photography at Appalachian State University in Boone, his pictures reflected that interest "no matter what the assignment," he says.

Now head of photography at Catawba Valley Community College in Hickory, Young is putting his photographs into books, sometimes in collaboration with area poets.

When he's shooting old or abandoned buildings, as he did for his CSA shots, he feels "like a detective," imagining the buildings' past. The best thing about the CSA, he says, was the party when patrons unwrapped their art.

"It was like Christmas."

JEFF PENDER

Sculptural Ceramics | Mooresville | jeffpender.com

Jeff Pender's first memory of clay is the red kind he turned over with a 1938 Allis-Chalmers tractor, growing up on his grandmother's farm in Newell, outside Charlotte.

"We did that every Saturday morning," he remembers.

He's long since graduated to more refined clays, teaching at Central Piedmont Community College for 12 years, and this year exhibiting his ceramics in shows including the Palm Beach Contemporary Art Show in Florida and the American Craft Council show in Baltimore.

He made small clay tiles, inlaid with glass and incised with lines, for CSA shareholders to hang on their walls, but he also likes large sculptures with moving parts, like his "Endless Line Totem" in the Clayworks gallery in Charlotte.

JANET BURGESS

Enamels, Pastels, Acrylics | Statesville | janetburgess.com

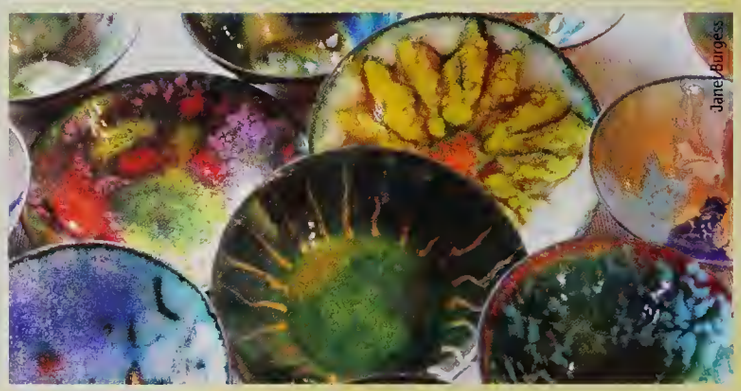
The small enameled bowls that Janet Burgess fashions by fusing colored glass with superhot metal "bring beauty to life," she says, but this beauty has a practical use. One customer said she'd used it every day since she got it. Burgess, an Ashe County native who shows at the Mooresville Arts Gallery and contributed bowls to the CSA program in 2015, guesses that "she put her rings in it."

After heating a kiln the size of a microwave to 1500 degrees Fahrenheit, she builds her pieces by adding and re-firing successive layers of glass. The glass is in powder, lump or liquid form, and she uses a long metal utensil to shape it into swirls, lines and other designs when melted. Colors are often delicate and subtle—like the springtime-looking concoction of white, gold and green in a piece called "I Love You."

"I try to name them for the personality that they have," Burgess explains.

carolinacountry.com/extras
Watch Burgess provide a demonstration of her enameling technique.

Janet Burgess


Janet Burgess

Hannah Miller

Hannah Miller

INGRID ERICKSON

Paper Cutting | Salisbury | ingrid-erickson.squarespace.com

From the time she started walking the Massachusetts woods with her grandfather as a child, Ingrid Erickson never met a bird she didn't like. Over the years, she added art to her interests, and after a year in China, where she was impressed by paper-cutting, she began making cutouts from her sketches of live birds. In the bitterly cold winter days of 2015, she'd appear at Carolina Raptor Center in Huntersville, an EnergyUnited affiliate member, in woolly ear flaps and with sketchbook in hand.

After presenting a show of those towering cutouts—4 ½ x 8 feet in size—she went small for 50 cutouts of NC birds made for CSA shareholders. They're attached to 8 x 10 (inch) paper, and she used an X-Acto knife for the intricate spaces between feathers. She's a scholar as well as an artist, studying bird biology via internet from Cornell University. She heads this year to Patuxent Wildlife Research Center in Maryland to help just-hatched whooping crane chicks learn how to swim and eat.

Hannah Miller is a Carolina Country contributing writer who lives in Charlotte.

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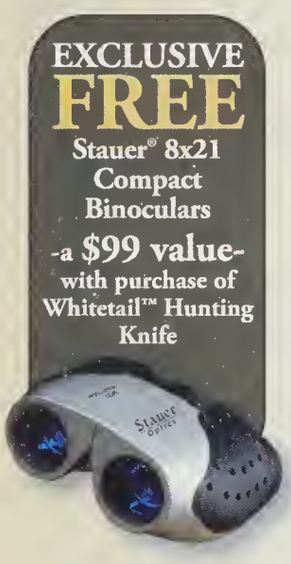

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Blue Ridge READ members teamed up with a mascot to promote the 2014 selection "To Dance with the White Dog."

Janet Burgiss holding the 2017 Blue Ridge READ selection.

A Book Lover's Vision Unites a Community

Janet Burgiss turned a book club into a county-wide program

Author and naturalist John Muir famously wrote: "The mountains are calling and I must go, and I will work on while I can, studying incessantly." And that is exactly what Yadkin native Janet Burgiss did.

In 2012, Janet retired from teaching mathematics and knew she would be spending more time at the family mountain cabin near Sparta. An avid reader, Janet yearned for a book club to meet like-minded friends. Investigating the situation, she learned that Sparta hosted several. Some book clubs concentrated on a particular genre, some were more formal than she had in mind, and some had a waiting list.

In August 2012, she gathered some friends and started The Blue Ridge Book Club, selecting Sharyn McCrumb's "The Song Catcher" as their first book.

The group continues to meet on the third Friday of each month at the Sparta coffee shop. Book discussions are informal, and afterward there is always lunch and laughter. Depending on the weather and time of year, there can be as many as 20 or as few as four members. Often, innocent coffee drinkers have joined the discussions. Books are chosen by popular vote, and readers lead the discussions.

"Newcomers, whether they are full- or part-time residents, are always welcome," Janet stresses.

With the book club firmly formed, Janet wanted to scale one more ridge in those Blue Ridge Mountains that she loves. She pondered whether Alleghany County was ready to host a community "READ" program with the concept One County, One Book—the goal being to get residents across the county reading and discussing the same book.

Following the design of the American Library Association, a steering committee was organized for decision making. A partnership was developed with the nonprofit Alleghany Arts Guild for support as well as financial backing. Blue Ridge READ was formed (facebook.com/blueridgeread), and it was decided that any profits made from the first READ would go directly to the Alleghany County Public Library.

Terry Kay's book "To Dance with the White Dog" was chosen for the initial READ in 2014. More than 270 books were distributed. Kay talked with local teachers, signed books and gave a book talk. The project was a success with community members meeting Kay and enjoying the film version of the book. Highlights of the first READ were a Hispanic discussion group led by a bilingual community member, plus the formation of two new book clubs.

Since this initial endeavor, two more READs have taken place. "Walking Across Egypt" brought author Clyde Edgerton to town. Edgerton sang songs, signed books and read from other writings. Although "Skipping Christmas" did not include a visit from the author, John Grisham, the READ did invoke memories and traditions of Christmases past along with arts and crafts with Mrs. Claus. Many enjoyed the movie version of this book, too.

Lee Smith has been chosen as the visiting author for year four. Close ties to our region helped recruit this Appalachian literary name. The choice of the book was determined by public vote: "Dimestore: A Writer's Life." Smith will give a book talk in Sparta on November 10 with a book signing the following day.

Blue Ridge READ tries to involve the public each year through discussions, reading aloud and art projects, with a goal of expanding an appreciation of reading while fostering community. Books are easily accessible and the community responds with donations and volunteer hours.

With sponsorship from the Alleghany Arts Council, the North Carolina Community Foundation, and the North Carolina Arts Council, Janet's desire to promote literacy in Alleghany County through Blue Ridge READ is happening. Her vision is now a reality.

Article courtesy of the Blue Ridge READ Publicity Committee—Libby Bagby, Molly Dubose and Joyce Speas.

Back-to-school strategies help families stay on top of tasks

Four Tricks to Master the School Year

Keep cool over school with these organization tips

The new school year brings homework, practices, games and school conferences. When you're already a busy parent, these additional tasks and commitments can be daunting. Stay grounded (not to mention sane) by following these tips to handle it all.

1 Centralize communication

You can stay in sync with your whole family by using a digital calendar. Smartphone apps allow multiple users to share to-do lists, appointments and more. In addition, many apps have messaging capabilities to ensure users can share details and instructions ("Bring treats for the holiday party Tuesday") and last-minute changes ("Grandma is picking up the kids today") with one or more family members.

2 Create a home command post

Transform an area everyone passes, such as a kitchen nook or a corner of the family room, into a complete "home command station." Include a shelf or cubby with an inbox and outbox so permission slips, bills and important documents don't get lost. For parents who prefer using a physical calendar over a digital calendar, get a large one and post it in this area. Consider using a dry erase poster board calendar and have markers at the ready.

Make this station even more useful by adding a dedicated space for children to do homework. Include a desk, computer, school supplies and a bright desk lamp. Encourage success by posting recent "wins" nearby, like that aced spelling test or impressionist art masterpiece.

3 Map out meals

Before heading to the market, map out your meals for the week. Smartphone apps can help you compile grocery and meal lists, or you can find free printable lists on the internet.

Think in terms of healthy meals you can prepare ahead of time. For example, make a dinner casserole over the weekend to serve on busy Monday nights. You can prepare and freeze individual servings of chopped fruits and vegetables in resealable bags for breakfast smoothies. When you're ready to use them, simply place the frozen produce, along with juice, milk or a nondairy milk alternative, into a high-powered blender. Models to choose from include the Vitamix A3300 Ascent Series blender.

For lunch, you can make nut and seed butters to provide healthy fats, vitamins, minerals and protein. Mix unsalted, roasted almonds and canola oil in a high-powered blender to create homemade almond butter; or blend sunflower seeds, flaxseed, sesame seeds and sunflower oil for a no-nut butter. Pair these delicious spreads with jam on whole-wheat bread for a twist on the peanut butter sandwich.

4 Set up lunch-packing bins

Buy some inexpensive, plastic containers or bins that will fit on your refrigerator shelves. Label each as holding certain lunch items, such as "cut-up fruits." For sandwiches, group lettuce, sliced cheeses and meats in a bin. A snack container could hold string cheese and grapes.

For the pantry, label a bin for items such as fruit cups and pre-portioned pretzels. Place sandwich bags, napkins and plastic utensils in another bin, and you have created a timesaving station that will make school mornings easier for all.

—StatePoint

Making Sense of Math

Nurture your child's fluency with these fun activities

For some kids, one of the toughest parts of the back-to-school season is math class. You can help ease their transition by helping them connect their classroom learning with math's many real-world applications.

Engage your child in these fun lessons at home, and math could become one of your child's favorite subjects (or at least less feared).

Tasty learning

Learning fractions? Use cookies or a pie to demonstrate the concept visually. It's a tasty and fun way to learn how fractions work. For example, start with a simple fraction. Break one cookie in half, to demonstrate the fraction ½. Then add one of the halves to another cookie to show the concept of 1½. Or cut a pic in four slices to demonstrate the fraction ¼. And of course, once that cookie is halved or pie is cut, it makes for a tasty reward.

Be calculating

Get out the calculator and help children explore patterns. First- to third-graders can add or subtract the same number repeatedly. Children will observe patterns that emerge and get a better sense of arithmetic.

Older kids can make their own "pattern puzzles," which are number sequences where some numbers are omitted. For example: 7, 14, _, _, 35, _, 49. (The answer for this sequence lies in multiplying the 7, as in 7 x 1=7, 7 x 2=14, 7 x 3=21, etc. The completed pattern is 7, 14, 21, 28, 35, 42, 49.) These activities can make addition and multiplication more comprehensible. Free educational resources and activities to try on calculators can be found at casioeducation.com.

Money math

At home, use spare change to teach children simple addition and subtraction. Once they've had some success, set a timer and see if they can make proper change in record time. To add in more fun, have your child pretend to be a cashier clerk helping you (the customer). Encourage your kids to solve increasingly difficult problems. Once they've answered a few of those correctly, you could end this exercise by rewarding them with some of the change.

Leverage interests, hobbies

If your child loves reading, help him or her select literature that celebrates math. If they find history fascinating, have them read about famous mathematicians and scientists who used math to make discoveries. For young athletes, there are always ways to turn that pick-up game at the park into a math lesson. Angles, distances, times and averages all figure into sports. Using these concepts in an applied way can make math more interesting.

—Brandpoint

New Home Upgrades on a Budget

Tweak your new home with these easy projects

Congratulations, you've purchased a house! You've saved dozens of decorating ideas and you're ready to start making improvements. How do you prioritize to make the most of your money and time? Consider these inexpensive upgrades to help transform your new abode into your dream home.

Maximize space with shelves

Cost: $10–$75

***Benefits:** Maximizes space, revamps walls*

Installing shelving on a wall is an inexpensive project that helps you utilize space, including floor space. Creative ways to add storage include floating shelves for books or plants, or adding floor-to-ceiling shelving in a closet. If you would rather not install shelving, there are lots of inexpensive bookshelves on the market. You'll still maximize space by being able to display objects you own, and you can move bookshelves around as they suit new room arrangements.

Update lighting

Cost: $10–$100

***Benefits:** Enhances ambience, increases energy efficiency*

Let there be light! Start with something easy, like swapping out bulbs to make rooms feel brighter or to add atmosphere. CFL and LED bulbs have come a long way in terms of their abilities to display a wide spectrum of colors. Warm white or soft white will produce a yellow hue, similar to the old-style incandescent bulbs, and bright white produces light closer to daylight. For a mid-level task and a dose of style, add new shades on your existing lamps or buy new lamps.

Coordinate accessories

Cost: $20–$80

***Benefits:** Produces a consistent, sophisticated look*

Create a cohesive look in rooms or throughout your home by coordinating accessories. Choose hardware that matches in color and style with the existing light fixtures, sink and flooring. In the kitchen, consider updating cabinet handles. For the bathroom, easy-to-install accessories include Moen's bathroom towel bars and rings with Press & Mark installation, which provides a level and washable ink stamp to show you exactly where to drill.

Add paint

Cost: $25–$60

***Benefits:** Instant color makeover*

Whether your space is screaming for a makeover (red walls, anyone?), or you're itching to try new trends, a new coat of paint makes a big impact. Try creating an accent wall with a pop of color or a faux pattern—it's a smaller project that can make a dramatic difference for first-time DIYers.

Install a kitchen backsplash

Cost: $125–$250 (varies with materials and if you pay a professional)

***Benefits:** Creates a focal point, protects walls from cooking splatter*

If your new kitchen has the blahs, a fresh backsplash may be the solution. In addition to protective and easy-to-clean qualities, a backsplash provides many customization possibilities, from material and color to price. Options include peel-and-stick tile or shiplap for easy installation (hello Saturday project)!

—StatePoint

Eggs in a Nest

Balancing Breakfast

On the go? Fuel up with nutritious fare

For many people, September means getting busier as they get back into the swing of work and school routines. It may not be on your to-do list yet, but it's important to remember that eating a healthy breakfast is key to getting your day off to a good start.

Most days, finding time for a balanced breakfast may be easier said than done. Milk is one way to start. An 8-ounce glass of milk offers eight grams of high-quality protein. Milk also provides many essential nutrients, including B vitamins for energy, vitamin A for a healthy immune system and calcium (whether or not it is fat free, low-fat or organic).

Pair that glass of milk with breakfast dishes prepared ahead of time to alleviate the morning rush. These make-ahead Eggs in a Nest, once cooled, can be stored in airtight bags in your fridge for three to four days and reheated. And this Nutty Blueberry Quinoa Oatmeal is easy to make "on the spot." Find additional recipes at milklife.com.

Eggs in a Nest

- Nonstick olive oil spray
- 4 cups frozen shredded potatoes, defrosted
- 3 large eggs
- 3 large egg whites
- ¼ cup fat-free milk
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ⅓ cup crumbled, lean ground turkey sausage, cooked
- ⅓ cup green bell pepper, diced
- ⅓ cup tomatoes, chopped
- Other chopped vegetables, as desired
- ⅓ cup part skim mozzarella cheese, shredded

Preheat oven to 400 degrees and spray 12-cup muffin tin with nonstick olive oil spray.

Place a scoop of shredded potatoes into each muffin cup, pressing around edges to create a "nest."

Bake for 15–20 minutes or until lightly golden. Remove pan from oven and using a spoon, gently press any fallen potatoes back up against sides of each muffin cup. Reduce heat to 350 degrees.

In a bowl, add eggs, egg whites, ¼ cup milk, salt and pepper. Whisk to combine; place bowl in fridge while you dice and chop the green pepper, tomatoes and any other veggies you want to add.

Stir the cooked meat and vegetables into the bowl with egg mixture and pour equally between all nests. Sprinkle a pinch of cheese over each nest. Bake for 15–20 minutes or until eggs are set, then remove the muffin tin from oven.

Yield: 6 servings (12 nests)

Nutty Blueberry Quinoa Oatmeal

- ⅔ cup low-fat milk
- ⅓ cup old-fashioned oats
- ¼ cup cooked quinoa
- ¼ cup blueberries
- 1 teaspoon maple syrup or sweetener of choice
- 2 tablespoons pecan pieces
- 2–3 dashes cinnamon

Combine milk and oats, and cook according to package instructions to desired creaminess. (You can substitute quick-cooking oats to speed up preparation if you're willing to sacrifice some oat texture.)

Stir in quinoa, blueberries, maple syrup, pecans and cinnamon; serve hot.

Yield: 1 serving

—FamilyFeatures.com

Dairy-free alternatives

Protein-rich, nutritious nondairy options include fortified soymilk. Those who are lactose intolerant can consider it as well as lactose-free milk, which provides nutritional benefits found in regular milk.

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CarolinaMUSIC

North Carolina is known for its music. Family jam sessions on the back porch grew into influential recordings in the 1900s, with North Carolinians making a lasting, international mark on a range of genres including country, bluegrass, string bands, gospel, blues and jazz. More recently, our state's college campuses have bred innovators in indie rock, punk rock and hip-hop, among other genres.

Our Carolina Music section at carolinacountry.com/music showcases some of the talent that makes up the fabric of North Carolina's current music scene. We feature sample tracks from artists playing all kinds of music, but they all share one thing in common: Their Carolina roots.

Scott McCormick

SEPTEMBER'S FEATURED TRACK:

"Hey Stranger"

By Mandolin Orange

In "Hey Stranger," Andrew Marlin and Emily Frantz remind us that you can avoid a lot of heartache by choosing to stay away from trouble. The contemplative song is one of many heartfelt tracks from "Blindfaller," Mandolin Orange's latest album. Based in Chapel Hill, Andrew and Emily are the harmonic, Americana/folk duo who make up Mandolin Orange. It was released by Hillsborough-based Yep Roc Records. To learn more about Mandolin Orange, visit mandolinorange.com. You can buy Blindfaller at your local record store, Yep Roc Records, Spotify, iTunes, Amazon and Apple Music.

carolinacountry.com/music
Listen to this and past featured tracks from North Carolina musicians.

Other featured tracks at carolinacountry.com/music

JULY 2017

"Hustle"

BY REBEKAH TODD

From the album "Crooked Lines," recorded in Raleigh

John Lanier

NOVEMBER 2016

"Seasons Changing"

BY JIMMY ATKINS

From his first solo album, "The Pen & The Page"

JANUARY 2017

"How Special You Are"

BY GEORGE BANDA

From his self-titled debut EP

Amy Daniels

SEPTEMBER 2016

"Ain't Gonna Worry Me"

BY TOWN MOUNTAIN

From their fifth album, "Southern Crescent"

where
in Carolina Country is this?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by September 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

By mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our October issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

August winner

The August Where Is This photo by Renee Gannon features a quilt-covered barn on Meat Camp Road (Hwy. 194), between Boone and Todd. Many of you know this as Art and Pat Kohles' barn. The locals also call it "the barnyard" and a great gathering place. Joyce Mitchell relayed its history: The barn was built in the early 1960s by her father, Clyde Winebarger, and brother Bobby. Her sister, Pat Kohles, renovated the original building and decorated it with barn quilts created by her daughter Ophea Huntsman. The red door came from the St. Luke's Episcopal Church chapel in Boone. An updated photo of the barn is posted online at carolinacountry.com/where. The winning entry chosen at random from all the correct submissions came from Marcella Proffit of Boone, a Blue Ridge Energy member.

CAROLINA COUNTRY
scenes
Photo of the month

Land Stewards for 90 Years

Our farm has been in our family for 90 years. Both a home and a refuge after a long day at work, we are grateful everyday for the beauty of this rural life that surrounds us.

Susan Loflin, Bear Creek, Central EMC

The Photo of the Month comes from those who scored an honorable mention from the judges in our 2016 photo contest ("Carolina Country Scenes," February 2017). See even more Photos of the Week on our website carolinacountry.com.

September events

NC Apple Festival
Sept. 1–4, Hendersonville

Mountains

NC Apple Festival
Art, parade
Sept. 1–4, Hendersonville
828-697-4557
ncapplefestival.org

Music on Main
Sept. 1, Sparta
336-372-5473
facebook.com/spartamusiconmain

Crowder
Pop, inspirational sounds
Sept. 1, Franklin
866-273-4615
greatmountainmusic.com

Fiddlers Convention
Celebrating rural traditions
Sept. 1–3, Lenoir
828-754-2486
happyvalleyfiddlers.org

Carolina Mountains Literary Festival
Workshops, discussions
Sept. 7–9, Burnsville
828-208-4731
cmlitfest.org

Mountain Gems
Quilt displays, door prizes
Sept. 9, North Wilkesboro
336-468-0207
wilkesquilters.org

Sculpture Celebration
Music, kids activities
Sept. 9, Lenoir
828-754-2486
caldwellarts.com

Elliott Daingerfield Sculpture
Dedication, unveiling
Sept. 9, Blowing Rock
828-414-9345
blowingrockhistoricalsociety.com

Mountain Heritage Festival
Crafts, music
Sept. 16, Sparta
336-372-5473
sparta-nc.com

Festival on Main
Crafts, beer garden
Sept. 16, Granite Falls
828-396-3131
granitefallsnc.com

Open Studios Art Tour
Sept. 16, Asheville
828-253-7651
grovewood.com

Heritage Festival
Cherokee art, music
Sept. 16, Hayesville
828-389-3045
cccra-nc.org

A Glimpse of His Last Days
Musical about Jesus
Sept. 17, Franklin
866-273-4615
greatmountainmusic.com

Dirty Dancing
Movie screening
Sept. 21, Morganton
828-433-7469
commaonline.org

Arts & Crafts Fair
Local artisans' wares
Sept. 23, Candler
828-633-2302
mohf.net

Bela Fleck & Abigail Washburn
Sophisticated banjo
Sept. 30, Franklin
866-273-4615
greatmountainmusic.com

ONGOING

Mountain State Fair
Crafts, rides, music
Sept. 8–17, Fletcher
828-687-1414
visithendersonvillenc.org

Piedmont

Librari-Con
Anime, comic books
Sept. 2, Fayetteville
910-483-7727
cumberland.lib.nc.us

Make America Rock Again Tour
Creed vocalist, Trapt
Sept. 8, Fayetteville
910-438-4100
crowncomplexnc.com

carolinacountry.com/calendar
See more events online with photos, descriptions, maps and directions.

Listing Deadlines:
For Nov.: Sept. 25
For Dec.: Oct. 25

Submit Listings Online:
carolinacountry.com/calendar
(No email or U.S. Mail.)

Open Studios Art Tour
Sept. 16, Asheville

Lafayette Birthday Celebration
French music, wine tasting
Sept. 8–9, Fayetteville
910-223-9339
lafayettesociety.org

Raleigh Greek Festival
Food, folk dancing
Sept. 8–10, Raleigh
919-781-4548
raleighgreekfestival.com

Greek Festival
Sept. 8–10, Fayetteville
910-484-8925
stsch.nc.goarch.org

Mad About Modern
Midcentury home tour
Sept. 9, Charlotte
704-568-1774
madaboutmodern.com

Festival of Yesteryear
Reenactors, puppet show
Sept. 9, Fayetteville
910-486-1330
bit.ly/festival-of-yesteryear

Pickin' by the Lake
Bluegrass festival
Sept. 9, Roxboro
336-322-2105
piedmontcc.edu/pickin

Carolina Bible Camp Bluegrass Festival
Car show, kids activities
Sept. 9, Mocksville
336-262-6325
cbcbluegrass.com

Street Festival
Crafts, slides,
Sept. 9, Denton
336-859-4231
townofdenton.com

Full Bloom Film Festival
Sept. 14–16, Statesville
704-873-6100
fullbloomfilmfestival.com

Fiddlers Convention
Hay rides, dancing
Sept. 14–18, Pittsboro
919-542-1746
hoppinjohn.org

Good Medicine Powwow
Native American art
Sept. 15–16, Concord
980-777-8671
cabarruspowwow.webs.com

Master Gardener Plant Sale
Accessories, tools
Sept. 15–16, Winston Salem
336-703-2850
coop-ext-registration@forsyth.cc

Small & Tiny House Convergence
Workshops, festival
Sept. 15–17, Franklinville
336-736-8843
smallhouseconvergence.com

Music Festival
Vendors, food
Sept. 16, Creedmoor
919-764-1013
cityofcreedmoor.org

Hot Pickin' Finger Lickin'
BBQ, bands
Sept. 16, Rolesville
919-562-7069
rolesvillechamber.org

WWI Symposium
Camp Greene discussions
Sept. 17, Charlotte
704-568-1774
charlottemuseum.org

Foodscaping 101
Edible landscaping author
Sept. 21, Fayetteville
910-486-0221
capefearbg.org

WWII Camp Anniversary
Parade, dignitaries
Sept. 22–23, Butner
919-575-3032
butnernc.org

SATURDAY
SEPTEMBER 9, 2017
11:00 AM–4:00 PM

11TH ANNUAL NORTH CAROLINA HOT SAUCE CONTEST 2017
Historic Downtown Oxford
September 9, 2017

www.nchotsaucecontest.com

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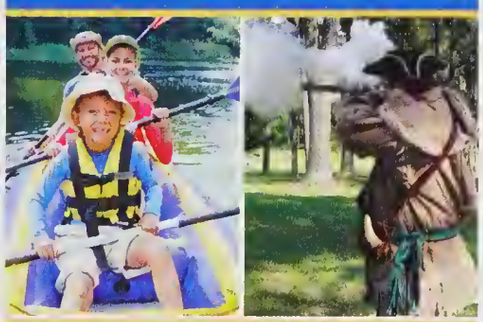

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1-800-637-3804

CAMP BUTNER
75th Anniversary Celebration
September 22–23, 2017 in Butner, NC

Friday— 6:00 p.m.
Dinner & USO-style Show
Advanced tickets $25 through Sept. 10

Saturday— 10:00 a.m.
Parade, Ceremony & Tours
Free Event

Visit Granville County
Tourism Development Authority

butnernc.org/events
919-575-3032

International Folk Festival
Performances, arts
Sept. 22–24, Fayetteville
910-323-1776
theartscouncil.com/iff

Bright Leaf Hoedown
Car show, farm Olympics
Sept. 23, Yanceyville
336-694-6106
caswellchamber.com

Founders' Day
Panning, bluegrass
Sept. 23, Gold Hill
704-267-9439
historicgoldhill.com

Porch Fest
Music, vintage market
Sept. 30, Troy
910-571-0815
frontporchpickinnc.com

World Hunger Yard Sale
BBQ, silent auction
Sept. 30, Huntersville
704-875-6581
fbc-h.org

ONGOING

Cumberland County Fair
Motorsports, music
Sept. 1–10, Fayetteville
910-438-4100
cumberlandcountyfair.org

Dreamgirls
Musical about trio
Sept. 14–Oct. 8, Fayetteville
910-323-4233
cfrt.org

Coast

Freeboot Friday
Live entertainment
Sept. 1, Greenville
252-561-8400
uptowngreenville.com

Tribute Rock Concert
Several bands
Sept. 2, Manteo
252-475-1500
itsallgravyobx.com

Piggin' and Grinnin'
Celebrating BBQ, bluegrass
Sept. 2, New Bern
252-639-3524
tryonpalace.org

Open House
1857 Octagon House
Sept. 2, Engelhard
252-926-2261
facebook.com/octagonhouse.nc

Collard Festival
Pageant, rides
Sept. 7–9, Ayden
252-746-2266
aydencollardfestival.com

Coharie Indian Cultural Powwow
Drumming, dancing
Sept. 8–9, Clinton
910-564-6909
www.coharietribe.org

Monster Truck Jam
Sept. 8–10, Newport
252-223-4019
newportfleamall.com

Community Festival
History demos, food trucks
Sept. 9, Newport
252-223-4749
townofnewport.com

There are more than 250 farmers markets in North Carolina. For one near you, visit bit.ly/NCfarmmarkets.

Carolina Soulfest
Entertainment, education
Sept. 9, Calabash
910-579-4845
carolinasoulfestival.com

Purple Feet Festival
Benefits children, music
Sept. 9, Ocean Isle Beach
910-287-2800
silvercoastwinery.com

Singer/Impressionist Tony Pace
Comic musicianship
Sept. 14, Washington
252-975-6294
gobcca.org

Franc D'Ambrosio
Phantom of the Opera songs
Sept. 15, Rocky Mount
252-985-5248
bit.ly/DunnCenterPerformingArts

Freeboot Friday
Live entertainment
Sept. 15, Greenville
252-561-8400
uptowngreenville.com

The April Verch Band
Singer that dances
Sept. 16, Oriental
252-617-2125
pamlicomusic.org

Coharie Indian Cultural Powwow
Sept. 8–9, Clinton

Know Before You Go

In case something changes after Carolina Country goes to press, check information from the contact listed.

Monument Dedication
For Constitution signer
Sept. 17, Edenton
252-482-0300
visitedenton.com

Billie & Blue Eyes
Catherine Russell, Pizzarelli Quartet
Sept. 22, Greenville
1-800-ECU-ARTS
ecu.edu

Harborfest for HeartWorks
Food, music
Sept. 22–24, Oriental
252-745-9703
harborfestnc.com

Harvest Festival
Rides, vendors
Sept. 23, Bethel
252-818-0891
bethelnc.org

Author Richard Lupton
Hyde history book signing
Sept. 24, Engelhard
252-542-0000
romsandy@embarqmail.com

Unexpected Boys
Tribute to Frankie Valli
Sept. 29, Rocky Mount
252-985-5248

Freeboot Friday
Live entertainment
Sept. 29, Greenville
252-561-8400
uptowngreenville.com

Intercultural Festival
Food, dancing
Sept. 29–30, Bolivia
910-842-6566
bcifestival.org

ONGOING

American Legion Agricultural Fair
Games, shows
Sept. 19–24, Greenville
252-758-6916
pittfair.org

Regional Fair
Entertainment, exhibits
Sept. 26–30, Edenton
252-482-4057
info@chowanfair.com

CALL FOR SUBMISSIONS

Your Favorite Roadside Attraction

One of the best parts of a road trip is what you find along the way—the unexpected museum where you stretched your legs, or the giant metal chicken that made for a great photo op. For our April 2018 travel guide, we need to hear from readers where we should stop! (We're asking early while summer trips are still fresh on your mind.) We will pay $25 for each submission that is printed in our April issue.

Rules

Deadline: February 15, 2018

One entry per household

Limit text to 100 words or less.

Include your name, electric co-op, mailing address and email address or phone number with your entry.

If submitting a photo, prints should be a minimum of 4 x 6 inches.

We retain reprint and online rights. Payment will be limited to those entries appearing in print, not entries featured solely on carolinacountry.com.

Send to

Online:
carolinacountry.com/roadside
No emails, please.

Mail:
Carolina Country—
Roadside Attractions
3400 Sumner Blvd.
Raleigh, NC 27616

If you would like us to return your photo print, include a self-addressed, stamped envelope (we will not return others).

A local inspects young trees at Big Horse Creek Farm

Ron and Sue Joyner in their orchard at Big Horse Creek Farm

Ashe County Apples

Enjoy the fruits of the orchard this fall, or plant your own

Text and photos by Joan Wenner

The high mountainous region of northwestern North Carolina boasts apple producers of some wonderful varieties, and this month the harvest is in full swing. Many farms let you pick your own or purchase an already-picked supply for baking super delicious pies or brewing a favorite hot cider concoction.

Orchards abound

With its climate and soil conditions ideal for apple growing, commercial operations in Ashe County were established in the 19th and 20th centuries. Several growers in the county carry on the tradition, many of whom sell their apples at the Ashe County Farmers Market in West Jefferson (check ashefarmersmarket.com for hours).

Contact growers (at the farmers market or at the contact information listed to the right) for "pick-your-own" availability, along with directions to their farms. Finding some of these out of the way gems may take a bit of stopping to ask directions of the locals, but the extra time is well worth it. You'll experience the truly rural nature of this part of northwestern North Carolina, with its rushing creeks and beautiful fall scenery, plus the bonus of all the finest apples you want from the very fine people who own and run these farms.

Horticultural heritage

If you prefer to start your own orchard (or at least plant a tree), Big Horse Creek Farm specializes in the collection and propagation of antique and heirloom apple varieties of the Appalachian Mountains, as well as many other apple varieties—more than 350 in all.

Owners Ron and Suzanne Joyner operate with the self-proclaimed mission to "preserve our horticultural heritage; to save them [apples] from extinction and get them established in people's backyards and orchards for the benefit of future generations." That is a tall order, but the Joyners say they have managed to grow numerous "old apple" types at one time or another over the last 25 years, despite various challenges.

A lifelong interest in raising garden herbs and vegetables led to apple trees in the 1980s after meeting recognized author, apple preservationist and collector Lee Calhoun from Pittsboro. They purchased trees from him and eventually started grafting their own to establish their now-thriving agricultural business selling to customers all over the country. Growing, grafting and fulfilling orders for their trees is not easy work, but they manage to carry on and enjoy visitors for scheduled tours of their farm.

The Joyners take orders for apple tree varieties at bighorsecreekfarm.com. If you're looking for advice, they have plenty to give—Ron writes about one of his favorite apple varieties, for example, on his farm blog:

"For the home grower with just a couple of trees to the commercial producer with thousands, the (Northern) Crow Egg is the 'almost perfect' apple which should part of the orchard setting," Ron says. "It is a truly marvelous apple that will not disappoint."

Joan Wenner, J.D., is a writer residing in Pitt County. She welcomes comments at joan_writer@yahoo.com.

Plan a visit

There are several pick-your-own orchards to enjoy; here are a few in and close to Ashe County:

Apple Hill Farm
400 Apple Hill Road, Banner Elk
applehillfarm.com

Big Horse Creek Farm
P.O. Box 70, Lansing
bighorsecreekfarm.com

Coffey's Orchard
833 Ridge Rd., Boone | 828-964-2645
Does not offer pick-your-own, but welcomes groups and families

Hump Mountain Apple House Orchard & Farm
9800 NC Hwy. 105 South, Banner Elk
828-963-5333

Old Orchard Creek Farm
410 Swansie Shepherd Road, Lansing
oldorchardcreek.com

carolinacountry.com/extras
Inspired to put some apples to work in an (adult) beverage? Try the author's recipe for spiked apple cider.

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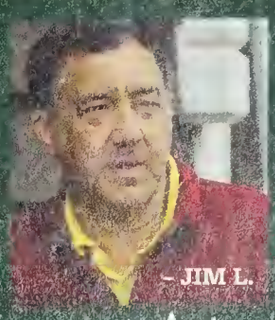
"People will stop me and say 'Hey, can I hunt on your land?' but I have been saying no because I don't know who these people are. Since I've signed up for Outdoor Access, I've had a great experience! Every single person has been polite and respectful – I would highly recommend it ... and you get a nice check in the mail!"

LINDSAY R.

"[The Outdoor Access members] have all been very respectful of me and of my neighbors. From my standpoint it's important to share what you have. And this gives me an easy way to do that."



– JIM L.

Call us at (919) 230-7970 or go to OutdoorAccess.com/carolinacountry.

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Benefits of Air Source Heat Pumps

By Pat Keegan and Brad Thiessen

An electric air source heat pump can be a good alternative to a furnace system that runs on propane or fuel oil. A heat pump is also a cost-effective alternative to electric resistance heat that is used in electric furnaces, and baseboard and wall units.

How heat pumps work

In the summer, an air source heat pump acts as an air conditioner (AC) that draws heat from your home's air and transfers it outside. In the winter, the system's direction is reversed so that heat is pulled from the outside air and moved into your home.

The heat pump has two major components: the condenser (also called the compressor) that circulates refrigerant through the system; and an air handler that distributes the conditioned air. Most heat pumps are split systems, with the condenser located outside and the air handler inside. A packaged system contains both components in one unit that is placed outside your home. Heat pumps typically distribute the hot or cold air through a duct system.

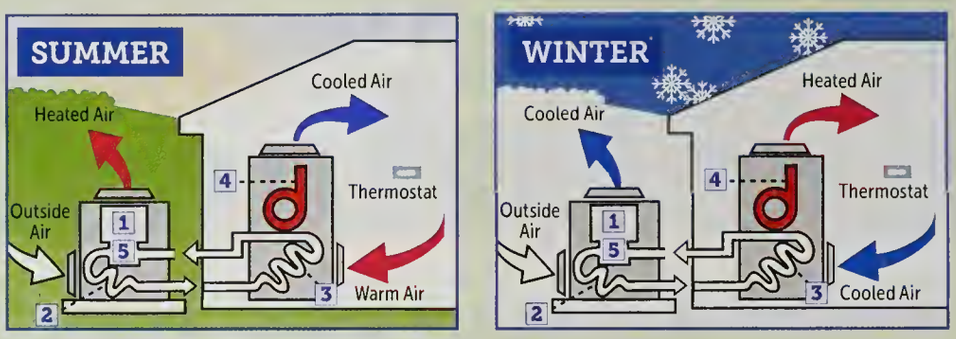
If your old furnace has an AC attached, replacing both the heating and cooling system with the all-in-one solution of a heat pump might produce significant cost savings. If you are currently cooling with window units, or have an older central AC, moving to an air source heat pump could reduce your summer energy bills.

Heat pumps not only reduce energy costs, they can also eliminate the risk of carbon monoxide poisoning and problems that can occur with on-site storage of propane or heating oil.

During cold weather months, heat pumps must work harder to extract heat as the outside temperature drops. At some point the heat pump switches to resistance mode, which uses much more electricity, operating the same way a toaster or an electric baseboard heater works.

How do Air-Source Heat Pumps work?

By transferring heat between a house and outside air, these devices trim electricity use by as much as 30 percent to 40 percent in moderate climates.



1. **Compressor:** Increases refrigerant/freon pressure to accept the maximum heat from the air.
2. **Condenser:** Coils move freon (and with it, hot or cold air) to or from outside air.
3. **Evaporator:** Coils move freon (and with it, hot or cold air) to or from outside air.
4. **Air Handler:** Fan blows air into a home's ducts.
5. **Reversing Valve:** Switches the direction of the freon flow, changing the heat pump's output to hot or cold air (controlled by thermostat).

Selecting and installing

Units are given an HSPF rating, which measures heating efficiency, and a SEER rating, which measures cooling efficiency. The minimum standard heat pump is SEER 14 and HSPF 8.2. An easy way to compare options is to look for the Energy Star® label. This indicates the unit is at least 15 SEER and 8.5 HSPF. Visit energystar.gov to learn more about equipment, installation and qualified contractors.

How much can a heat pump reduce your energy costs? This depends upon the size and efficiency of your home, local energy prices and local climate. You can find calculators online that can help you predict energy savings. One entry with sample data found that the cost of heating in South Carolina, using a new heat pump and national average fuel costs, was less than half the cost of heating with a typical propane furnace or an electric resistance system.

Energy auditors can predict energy savings with greater precision, and they can offer advice on choosing a specific brand and size of the unit. More importantly, energy auditors can suggest other ways to improve comfort or reduce energy use such as duct sealing or insulating the building envelope.

Your local HVAC dealer, if they have heat pump experience, can be very helpful. Many heat pumps are not installed correctly, so be sure to ask how they will ensure a quality installation. Contact your local electric co-op to find out what they recommend. They may even offer rebates, free audits or discounted rates for electric heat.

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. Visit carolinacountry.com/your-energy for more ideas on energy efficiency.

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81135

Heating on a Tight Budget

By Hannah McKenzie

Q: My friends are planning to heat their 1,300-square-foot home with their kitchen oven this winter because they do not have $5,000 to replace their broken central heating system. This seems unsafe and expensive. What are better options when a family cannot afford to repair or replace a broken heating system?

A: Expensive home repairs are gut-wrenching for most households and impossible for far too many North Carolinians. Though your friends are trying to be practical by using what they have as a heat source, there are many serious risks involved, including house fires, severe burns and high energy bills. While gas ovens are terrific for baking potatoes and cakes, leaving the door open for extended periods of time presents the danger of carbon monoxide poisoning, which can cause headaches, vomiting, flu-like symptoms or even death.

Thankfully, there are a variety of long-term solutions for your friends.

Weatherization loans. Families with flexible monthly budgets may find weatherization loans to be a feasible option. Contact your electric co-op to find out what's available.. Some offer fixed-rate loans that could break a $5,000 heating system down into monthly payments of roughly $90 over five years.

Urgent Repair and Single-Family Housing Rehabilitation Programs. For families in dire circumstances, the North Carolina Housing Finance Agency distributes funding to local governments and community nonprofits that work with qualifying homeowners, such as seniors, those with disabilities, and other low-income households who cannot afford to repair deteriorating homes. Funds are allocated by the North Carolina General Assembly from the North Carolina Housing Trust Fund and the U.S. Department of Housing and Urban Development's HOME program. Visit bit.ly/nchfa-funding to locate organizations in your county that offer urgent repair and rehabilitation.

Weatherization Assistance Program. The North Carolina Department of Environmental Quality distributes funding from the U.S. Department of Energy to county agencies working with low-income families in need of lower energy bills at their residence or rental home. While funding is not specifically for central heating replacement, special emergency funding is available in qualifying situations. Visit bit.ly/deq-wap or call 919-707-9198 for more information.

Ask around. Community nonprofits are often aware of the work others are doing. Habitat for Humanity, local churches or other charity organizations may offer assistance in the form of loans, grants or donations.

Give a helping hand. Most of us know families struggling to make ends meet. There's the little girl who didn't do her homework and is falling behind her classmates because her home is unbearably cold all winter, or the store clerk who is constantly caring for one sick family member or another. Ask what you can do to help, support local nonprofits with your experience, time or money, and be engaged as a citizen by voting and talking with your elected officials to ensure your friends and other families can afford to stay safely warm this winter.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

Keep warm, stay safe

"Staying Warm in an Unheated House" from Maine's Cooperative Extension program gives tips and safety guidelines for keeping warm when a home is temporarily without heat (online at bit.ly/ume-staywarm).

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Patience in Purple

Mexican Bush Sage

By L.A. Jackson

Compared to other sassy salvias, Mexican bush sage (*Salvia leucantha*) might seem a bit shy. Many annual and perennial salvias just can't wait to get blooming in the spring and summer, but this pretty plant waits.

Only after the long, hot summer is winding down does Mexican bush sage come out to play with wide swaths of flowing flower stalks delightfully dipped in the violet end of the spectrum that can last well into the fall.

As its name suggests, it is native to Mexico, but this shrubby perennial is still hardy enough to weather typical Carolina winters, although in the mountains, it might be better to treat it as an annual. It performs best in well-drained soil situated in a bright location, as branches tend to stretch long and leggy if they don't fully bask in the sun's rays for at least six hours a day.

Being drought tolerant, *S. leucantha* is a good candidate for xeriscaping projects or large container plantings. However, a happy Mexican bush sage can grow up to 4 feet tall and about as wide, so place it in a spot where it won't bully other plants.

Much of the eye-catching purple associated with Mexican bush sage blossoms comes from the fuzzy calyces (outer base coverings) of the blooms, and they persist long after the flowers fade and fall off.

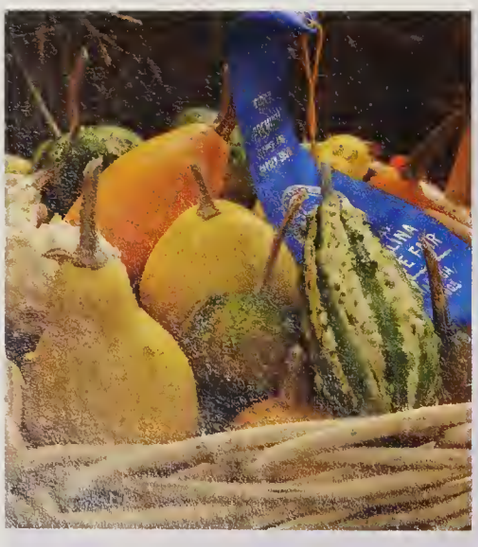
The small blossoms typically glimmer in a handsome, contrasting white, but there are exceptions. For instance, the cultivar "All Purple" (also known as "Midnight") lives up to its name with amethyst flowers complementing the embracing purple calyces. "Santa Barbara" puts on a similar purple-on-purple show, and as a bonus, it is more compact than other Mexican bush sages.

Even if you buy just one Mexican bush sage, don't worry about it being lonely—its late flower show will draw the company of lingering bees, butterflies and hummingbirds. Plant it, and they will come.

Mexican Bush Sage

But as much as this beauty in bloom is enjoyed by wildlife on the wing, don't think such bliss also translates into unwanted attention from deer: Thankfully, Mexican bush sage does not make Bambi's preferred list for garden grazing.

L.A. Jackson is the former editor of Carolina Gardener magazine. Contact L.A. at lajackson1@gmail.com.



Garden To Do's for September

Proud of your plants? Enjoy a little friendly competition? Consider combining these two pleasures by entering some of your best at the NC State Fair's Flower and Garden competitions in Raleigh. The fair will be here before you know it (October 12–22), so survey all your garden pretties for possible contenders and start babying them into blue ribbon shape. This includes fruits, vegetables, houseplants, cut flowers and floral arrangements. Visit ncstatefair.org to check out the Flower and Garden competition categories.

- ☐ Have planting pots to be stored away for the winter? Thoroughly wash them first in a solution of one part bleach and 10 parts water to help prevent fungus and disease problems next spring.
- ☐ For better displays from hellebores this winter and next spring, apply a slow-release fertilizer around them now.
- ☐ Time for trading. Any pretty specimen plants that have become overcrowded, such as daylilies, bearded irises, hostas and peonies, can now be divided and swapped with other gardeners.
- ☐ Extend the pleasure of the culinary seasonings garden by potting up and bringing in herbs (such as lemon balm, mint, thyme, oregano, parsley and chives) that are easy to care for indoors over the coldest of months. Place them close to windows well-visited by the low winter sun.

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Apple Pie Spiced Slow Cooker Applesauce

Fall is here, and so are North Carolina apples! Some are better for applesauce than others, so be sure to ask at the farmers market or do a quick online search to get just the right ones. We like to leave half the peel on for a chunkier sauce, but peel them all if preferred.

- 8–10 apples, peeled, cored and quartered
- ⅓ cup water (or apple juice)
- Pinch of salt
- Brown sugar (optional)
- Apple pie spice

Add apples, water and salt to slow cooker. Stir and cover. Cook on high about 2 hours or low about 5 hours until tender.

Leave chunky, or puree with an immersion blender for smooth sauce. Taste for sweetness and add sugar as needed. Dust with apple pie spice.

Serve warm or chilled. Great alongside pork and chicken or stirred into your morning oatmeal or yogurt.

Variation: Use half apples and half pears for a wonderful apple-pear sauce.

Yield: About 6 to 8 servings

San Francisco Chicken Sheet Pan Supper

Folks around North Carolina have been enjoying K&W Cafeterias since 1937. Some of us grew up going there with our grandparents. One of their most popular menu items is their San Francisco Chicken. We've created our own version and turned it into a quick and crowd-pleasing sheet pan supper.

- 1 20-ounce package frozen shredded hash browns
- 3 eggs
- 1 package ranch dressing mix
- 2 tablespoons butter, melted
- Butter pan spray
- Paprika, for dusting
- 1½ pounds chicken tenders
- 2 tablespoons milk
- 2 cups pork rinds, crumbled
- 1 teaspoon garlic powder
- ½ teaspoon poultry seasoning
- Salt and pepper, to taste
- 2 large heads broccoli, cut in bite-size pieces
- ¼ cup oil (canola, olive or other)
- 2 cups grated cheddar jack cheese
- 6 slices bacon, cooked and crumbled
- Ranch dressing (optional)

Preheat oven to 400 degrees.

In medium mixing bowl, combine hash browns, 2 eggs (lightly beaten), dressing mix and butter. Toss to combine. Spray large sheet pan. Mound mixture down center of pan. Lightly dust with paprika.

Pat chicken tenders dry with paper towels. Whisk milk into remaining egg. Put pork skin crumbs into a bowl and stir in garlic powder, poultry seasoning, salt and pepper. Dip tenders in egg wash, then coat with crumbs. Place alongside potatoes. Scatter any remaining crumbs over tenders. Bake for 15 minutes.

Toss broccoli with preferred oil to moisten and scatter over pan. Bake an additional 15 minutes.

Remove from oven and top with cheese and bacon. Serve immediately. (Drizzle with ranch dressing if desired.)

Yield: 4 to 6 servings

From Your Kitchen

Cauliflower Au Gratin

- 1 large head cauliflower (about 6 cups)
- ¼ cup butter or margarine, divided
- ½ cup diced onion
- 1½ cups (6 ounces) shredded cheddar cheese
- 1 cup (8 ounces) sour cream
- ¼ teaspoon salt
- ½ cup dried bread crumbs

Preheat oven to 350 degrees.

Break cauliflower into sections and cook for 10 minutes in boiling water. Drain well. Combine cauliflower with 2 tablespoons butter and onion, cheese, sour cream and salt. Spoon into a 1½ quart casserole.

Melt remaining butter and toss with bread crumbs. Sprinkle over cauliflower mixture. Bake at 350 degrees for 30 minutes or until heated through.

Yield: 10 to 12 servings

Recipe courtesy of Ann Ware, Concord, a member of EnergyUnited

Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC, 27611. Or submit your recipe online at: carolinacountry.com/myrecipe.

—Jenny Lloyd, recipes editor

Unless otherwise noted, recipes on this page are from Wendy Perry, a culinary adventurist specializing in NC-made food products and small NC farms.

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